

I CLAIM:

1. A shoe insole structure comprising  
a non-springy, acceleration-rate-sensitive viscoelastic cushioning and shock-  
absorbing layer having upper and lower surfaces, and  
5 a low-friction, abrasion-resistant, moisture-wicking overlayer joined to the upper  
surface of said shock-absorbing layer.

10 2. The structure of claim 1, wherein said overlayer includes elongate fibres  
which function in the insole as lateral load distributors.

15 3. A shoe insole expanse with a perimeter comprising  
an acceleration-rate-sensitive, shock-responsive cushioning structure distributed  
generally over the expanse of the insole as is bounded by its perimeter, and  
moisture-wicking structure distributed in conjoined relation regarding the shock-  
responsive structure, effective to wick toward said perimeter, and thereby to promote  
cooling evaporation of, any moisture generally present and in contact with the insole.